

Steps for Controlled Deep Breathing

1. Find a calm and quiet place to sit or lay down.
2. Close your eyes and focus on your breathing.
3. Focus on how fast or slow you are breathing.
4. Focus on how your body is feeling - Are you sweating? Are your muscles tense? Are you comfortable? Rate your relaxation (0 = totally relaxed, 10 = totally stressed)
5. Focus on breathing in slowly but forcefully to the count of ____.
6. Hold your lungs full of air for a count of 1.
7. Breathe out forcefully to the count of ____.
8. Hold your lungs empty of air for a count of 1.
9. Again, Focus on breathing in slowly but forcefully to the count of ____.
10. Hold your lungs full of air for a count of 1.
11. Breathe out forcefully to the count of ____.
12. Hold your lungs empty of air for a count of 1.
13. REPEAT for 3 more repetitions.
14. Return to regular breathing patterns and focus on how your body is feeling - warm, tingly, and relaxed.
15. REPEAT 1-14 FOUR (4) more times and then rate your relaxation.

PRACTICE:

Day 1	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 2	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 3	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 4	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 5	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 6	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 7	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 8	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 9	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 10	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 11	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 12	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 13	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __
Day 14	Rate __□Rate __	Rate __□Rate __	Rate __□Rate __